

# Fit-N-Fun Lesson Plans

## VEGGIN' OUT

Audience: Families with children ages 3 through 5 years

Objectives:

- Participants will learn the connection between a healthy diet (rich in fruits and vegetables), and physical activity.
- Participants will identify one new activity they engaged in that they can do with their children.
- Encourage participants to select an activity from the Fit WIC Activities book to try at home.

Time: ~15 minutes

Materials:

- Fit WIC Activities book and kit
- Fit WIC display board with Activity Pyramid
- Optional materials:
  - Book: Oliver's Vegetables
  - Handout: Veggie Madness!
  - "Sneaky Vegetable Recipes"

Lesson Plan:

1. Welcome, Introduction (1 minute)
  - a. Introduce self and welcome participants to Fit-N-Fun Playtime!
  - b. Briefly state the purpose and length of Fit-N-Fun activity.
2. Warm Up Activity (2 minutes)
  - a. "Tell us your name and your favorite vegetable (or fruit)?" "Tell us your favorite game when you were a child?"
- 3 Discussion Points (5 minutes)
  - a. "Feeling good means eating lots of fruits and vegetables every day and doing activities together as a family. Today we are going to talk about the importance of fruits and vegetables then do some Fit-N-Fun Activities. Our bodies need exercise/activity as much as they need fruits and vegetables!"

- b. "Think about your child and fruits/vegetables. What fruits and vegetables do they like? Do they like to eat fruits and vegetables every day? Are there some fruits and vegetables they don't like?"
- c. "Fruits and vegetables contain important vitamins and minerals that have disease-preventing benefits. Children need a good variety of fruits and vegetables to provide essential nutrients and establish good habits that will last a life time. Physical activity also has disease-preventing benefits and is needed each day."
- d. "Make sure you and your children eat lots of fruits and vegetables and play every day."
- e. Reaction statements: "I have some statements I'd like to get your reaction to. The first one is: 'The number of overweight children is rising (1 out of 4 children) and more teenagers are suffering from problems associated with overweight such as diabetes, high blood pressure, heart disease and joint problems.' "What/how does this statement make you think and feel?"  
The second statement is: 'WIC recommends that families keep their children active and provide a healthy diet to help prevent these health problems later on in life.' "What/how does this statement make you think and feel?"

4. Fit-N-Fun Activity (5 minutes)

- a. Choose the following activities from the Fit WIC Activities book to conduct with caregivers & children:
  - Jumping Jack (p. 22)
  - Hopscotch (p. 23)
  - Platform Jumping (p.24)

5. Closing & Take home message (3 minutes)

- a. Give Fit WIC Activities book and kit.
- b. Have participants choose an activity from the Fit WIC Activities book to do at home.
- c. Give supplemental educational materials (may include recipes, children's book, fact sheet).
- d. Feel good by eating lots of fruits and vegetables, and playing every day.

## **Veggie Madness!**

There are more reasons to eat your vegetables, than not! Below are some great reasons to eat your veggies:

- Vegetables are bursting with important nutrients such as vitamins A, C, B<sub>6</sub> and folate, and minerals such as iron, calcium, potassium, and magnesium.
- They are a tasty source of fiber: 2-3 grams per half cup of most vegetables; 6-9 grams per half cup of many kinds of cooked dry beans.
- Vegetables are rich in phytochemicals. These plant nutrients may help to prevent cancer, strengthen the immune system, keep blood from forming clots that can lead to stroke, and many more health benefits.
- Vegetables are naturally low in calories and high in nutrients, water and fiber.

There are many more benefits, but take our word for it, vegetables are a natural winner.

### **"Sneaky" Vegetable Recipes**

#### **Pumpkin Pie Shake**

Serves 4

Tastes like Thanksgiving in a glass and is packed with vitamin A.

1 cup canned pumpkin  
1 cup non-fat milk  
3 cups fat-free frozen vanilla yogurt  
 $\frac{1}{2}$  teaspoon pumpkin pie spice

Combine all of the ingredients in a blender (or jar with a lid). Blend (or shake) until smooth. Pour into tall glasses.

Nutrition information per serving: 187 calories, 5 grams protein, 0 grams fat, 41 grams carbohydrates, 175 milligrams sodium, 0 milligrams cholesterol, and provides  $\frac{1}{4}$  cup equivalent serving of vegetables.

## **Quick Tomato Veggie Soup**

Serves 9

- 1 16-oz. bag frozen mixed vegetables (broccoli, cauliflower, carrots)
- 1 15-oz. can beans (kidney or garbanzo) drained and rinsed
- 1 46-oz. can low sodium vegetable juice (tomato or V-\*)
- 2 cups (6-oz.) dry pasta
- 1 Tablespoon basil
- 1 Tablespoon thyme
- $\frac{1}{4}$  teaspoon black pepper
- 3 Tablespoons Parmesan Cheese

Place all ingredients, except cheese, into a large saucepan. Cook over medium heat, stirring often. Cook until pasta is soft, about 20 minutes. Top each cup of soup with 1 teaspoon of Parmesan Cheese.

Nutrition information per 1  $\frac{1}{4}$  cup serving: 200 calories, 10 grams protein, 2 grams fat, 35 grams carbohydrate, 141 milligrams sodium, 1 milligram cholesterol, and provides 1  $\frac{1}{4}$  cup equivalent servings of vegetables.

## **"Banana" Muffins**

Substitute  $\frac{1}{2}$  cup of drained, mashed beans (such as garbanzo or Great Northern) for each banana you normally use in your banana muffin recipe. This way you'll get some veggies into your muffins!